

Irish Bean and Cabbage Soup

INGREDIENTS

- 1 medium onion, chopped
- 2 medium stalks celery, chopped
- 3 cloves garlic, minced
- 1/2 head cabbage, chopped
- 3 medium carrots, sliced
- 1 lb. red potatoes, scrubbed & cut into large dice
- 1/3 c. pearled barley, rinsed
- 1 bay leaf
- 1 t. dried thyme
- 1/2 t. caraway seeds
- 1/2 t. dried rosemary, crushed
- 1/2 t. freshly ground black pepper
- 6 c. low-sodium vegetable broth
- 1- 15-oz. can no-salt-added beans (your choice), drained and rinsed
- 1- 15-oz. can no-salt-added diced tomatoes, with juice
- 2 T. chopped fresh parsley (optional)



DIRECTIONS

Get out a large slow cooker, at least 5 quart capacity.

Prep vegetables and place into the slow cooker. Add the seasonings and barley and stir. (It may be a bit awkward, the cooker will be full.) Add 6 cups vegetable broth. Cover cooker and set to low. Cook 6 hours.

Add beans & tomatoes, then cover and cook for another hour (or two, depending on your time).

Ladle into bowls and serve, sprinkled with fresh parsley, if desired.

Black Bean-Smothered Sweet Potatoes

INGREDIENTS

2 medium sweet potatoes
1 15-ounce can black beans, rinsed
1 medium tomato, diced
2 teaspoons extra virgin olive oil
½ teaspoon ground cumin
½ teaspoon ground coriander
¼ teaspoon salt
2 tablespoons reduced-fat sour cream
2 tablespoons chopped fresh cilantro



DIRECTIONS

Wash and prick sweet potatoes with a fork in several places. Place them in the crockpot on low for 6-7 hours (make sure they are a little damp from the washing).

In a separate bowl, combine beans, oil, cumin, coriander, and salt. With 30-60 minutes left in the cook time, slice the sweet potatoes lengthwise. Top with the bean mixture and let finish cooking.

Remove the sweet potatoes and beans from the crockpot. Top with sour cream and cilantro to serve. Enjoy!

Note: May add corn to the bean mixture or top with avocado and lime juice.